



Fast Food Guide

Test your fast food IQ

1. True or False. A super sized (64 oz) soda has the same amount of calories as a foot long turkey sandwich.

Answer: True. A 64 oz soda has 770 calories. A foot long turkey sub with 2 slices cheese has about 780 calories.

2. Which has the least amount of calories, a fried fish sandwich or a plain beef hamburger?

Answer: A plain burger. A fried fish sandwich has about 200 calories more than a regular burger.

3. Which fast food meal has the most calories?

- a. Taco salad
- b. Large cinnamon roll
- c. Burger with cheese and mayo
- d. Pepperoni stuffed crust pizza (2 slices)

Answer: c, with 850 calories (without fries or drink). However, they all have a similar amount of calories. Cinnamon roll = 730 calories, Pizza = 820 calories, Taco salad = 790 calories.

Check the following websites for additional information:

<http://lowfatlifestyle.com/fastfood.htm>
<http://www.bgsm.edu/nutrition/FFMainF.htm>
http://www.healthyeating.net/he_4-04.htm#fast
<http://www.olen.com/food/>
<http://www.fatcalories.com/>
<http://www.calorieking.com/foods/>
<http://www.weightlossdietzone.com/fastfoodfacts.html>

Appearance of hyperlinks does not constitute endorsement by the U.S. Air Force.
The purpose of the hyperlinks is solely for informational purposes.

**For more information, contact your local
Installation Health and Wellness Center (HAWC) OR Dietitian.**

Fast food is a convenient option for a quick meal. However, fast food can be high in fat and calories, which may make weight maintenance or weight loss difficult. It is possible to choose healthier options with a little knowledge and planning.

The following tips for reducing calories may help maintain weight when eating at fast food restaurants:

- ★ Order burgers without mayo to save 160 calories. Omit the cheese to save an additional 90 calories.
- ★ Leave the cheese off of a 6-inch sub sandwich to save 100 calories. Using mustard instead of mayo saves 110 calories per tablespoon.
- ★ Limit or skip the fries. The largest size fry has 400 more calories than a small order of fries.
- ★ Order a thin crust pizza rather than thick crust and save 50 or more calories per slice. Skip the bread sticks to save 140 calories per stick. Leave off the garlic sauce to save 240 calories.
- ★ Salads are a great option, but regular dressings add up to 200 calories per packet. Choose salads with grilled chicken and go easy on the condiments.
- ★ Order breakfast sandwiches on English muffins vs. biscuits or croissants to save 110 calories.
- ★ Order frozen yogurt, sherbet, or sorbet vs. regular ice cream and save 70 to 140 calories per scoop.

Always balance food with physical activity. In addition to regular exercise, burn calories by taking a walk after meals, riding bikes, walking the dog, or using the stairs.

12/03

Fast Food

Fast food used to mean fried food but many chains have added healthier options to their menus. Here are some guidelines to making better choices in today's fast food market.

<i>Choose</i>	<i>Limit</i>
Chef salads (<i>light on cheese</i>), grilled chicken, garden or side salads with light dressings, cottage cheese, fruit salads	Chunky (<i>mayo-based</i>) salads, salads with regular dressing or high-fat toppings i.e. cheese, fried noodles, crispy chicken, bacon bits, olives, etc., taco salad with fried shell, macaroni or potato salad, creamy coleslaw
Grilled or broiled chicken sandwiches, barbecue-flavored chicken sandwiches	Chicken nuggets, fried chicken pieces, fried/breaded chicken sandwiches, hot wings
Regular sized (<i>single patty</i>) hamburgers, turkey burgers or veggie burgers, junior-sized sandwiches, chicken pita sandwiches, turkey or soy franks, thin crust pizza with vegetables and/or one meat topping	Jumbo, deluxe, supreme, super, ultimate, super-sized burgers, sandwiches or meals, cheeseburgers, bacon burgers, guacamole burgers, ribs, regular beef or pork franks, pizza with extra cheese or heavy meat toppings
Deli-style sandwiches with lean roast beef or ham, turkey, chicken or veggies without cheese or mayo-based sauces	Meatball sandwiches, Philly cheese steak sandwiches, fried fish sandwiches, tuna salad sandwiches, sausage or salami sandwiches
Baked potato (<i>with salsa, light sour cream and chives, or a little chili</i>), baked potato chips, Barbecue baked beans, red beans and rice, chili, corn-on-the-cob	French fries, regular chips, onion rings, hash browns
Pancakes (<i>no margarine/butter, light syrup/limited amount of syrup</i>), cold cereal, English muffin, bagels, low fat muffins, buns, whole grain bread/toast	Croissants, Danishes, donuts, biscuits, breakfast sandwiches with sausage, bacon or cheese, French toast sticks, cinnamon buns
Mustard, ketchup, BBQ sauce, pickle, lettuce, onion, relish, tomato, peppers, salsa, jam, jelly, honey, apple butter, lemon	Mayonnaise, bacon, cheese, mayo-based sauces, 'special sauces,' croutons, sour cream, guacamole, margarine, butter, creamers, tartar sauce
100% fruit juice, skim or 1% milk, diet soda, unsweetened iced tea, coffee	Regular sweetened soda, milkshakes
Frozen yogurt, fresh fruit/fruit cup	Fruit turnovers/pies, ice cream, cinnamon rolls